

## Registration

Please have every participant fill out the registration table on the next page. Captains please return this form along with the fees for the entire team. Registrations will not be accepted without payment.

Team Name \_\_\_\_\_

Team Captain Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_

Zip\_\_\_\_\_ Home Phone\_\_\_\_\_

Email:\_\_\_\_\_

### Division

**OPEN      MASTERS    High School  
(1/2 Distance)**

- |                                 |                                 |                                |
|---------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> Mens   | <input type="checkbox"/> Mens   | <input type="checkbox"/> Boys  |
| <input type="checkbox"/> Womens | <input type="checkbox"/> Womens | <input type="checkbox"/> Girls |
| <input type="checkbox"/> Coed   | <input type="checkbox"/> Coed   | <input type="checkbox"/> Coed  |

Please check the appropriate division for your team, to compete in the masters race your whole team must be over 40. (divisions may be added or subtracted based on enrollment)

### Other Oregon Coast Games Events:

- Olalla Lake Swim
- Yaquina River Run-Off Relay
- 3-on-3 Basketball
- Track & Field

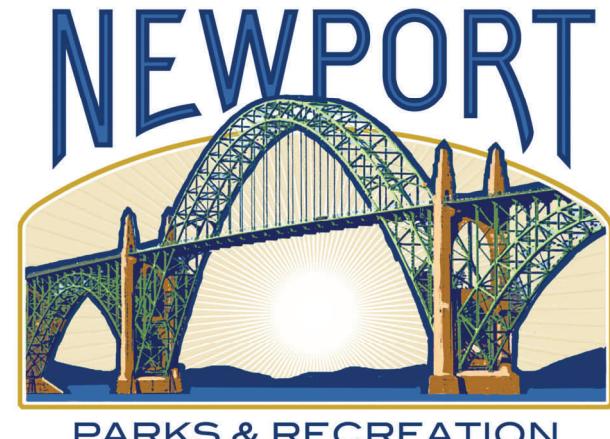
Applications can either be dropped off or mailed to:

Newport Parks & Recreation  
Attn: Oregon Coast Games  
169 SW Coast Hwy.  
Newport, Oregon 97365

I have read the liability release, and understand that I give up substantial rights by signing below and sign voluntarily. (parents must sign for athletes who are under 18)

	Name (print)	Signature	Age	Date Of Birth	T-Shirt Size	Estimated 5k time
Captain						
Runner 2						
Runner 3						
Runner 4						
Runner 5						

Oregon Coast Games 2009



YAQUINA RIVER  
RUN-OFF  
RELAY  
AUGUST 15, 2009

In partnership with  
the Port Of Toledo  
Wooden Boat Show



For Race Information Contact:

Liam Hughes  
Sports Coordinator  
Newport Parks and Recreation Department  
(541) 574-5453  
L.hughes@thecityofnewport.net

[www.newportparksandrecreation.net](http://www.newportparksandrecreation.net)

# YAQUINA RIVER RUN-OFF RELAY

## AUGUST 15, 2009

This will be a great opportunity for Hood to Coast teams and high school cross country teams to practice teamwork and get in some speed work. This will be an opportunity for Cascade Lakes Relay teams to continue the fun. And, it will be a chance for teams with two vans to challenge each other.

**What:** The Newport Recreation Center and the Toledo Wooden Boat Festival are combining their running events this year. It will incorporate two popular running routes and will give runners and spectators the opportunity to enjoy the beautiful scenery as they run along the Yaquina River.

**When and Where:** The race will start at the Newport Recreation Center on SE 2<sup>nd</sup> and Avery on August 15. There will be wave starts every 15 minutes starting at 7 AM. The runners will exit the Rec. Center and run down Bay Blvd heading west on to Bay Road, passing thru the Toledo Wooden Boat Festival, and on to Elk City. At Elk City teams will return along the same route and finish at the Newport Terminals.

**Run Relay Information:** Competitive teams will be made up of 5 or fewer runners. Non-competitive teams may have more than 5 runners, however, they will not be eligible for awards. There are 20 relay legs varying in length from approximately 2-3 miles. Each competitive team must have runners alternate in the same sequence. If a runner drops out, they may not run later. Teams will have maps and directions and are responsible for directing their runners. Any runner off course must resume where they left off to receive plaques. Please only one team vehicle, no RV's are allowed on course. A car, van, or SUV is recommended. The team with the fastest overall time will win. Ribbons will go 3 deep. All finishers will receive medals and a T shirt.

Most of the course is flat, but there are two significant hills.

**High School Relay Information:** This is not an OSAA sanctioned event so teams will not necessarily represent their school. The purpose is to give high school age cross country teams a chance to practice team work, get in some good training, and have fun. All runners do not need to go to the same high school. All runners must be in high school or have graduated in 2009. Teams may be all male or all female.

Mixed teams will be scored as male. We may add a mixed category (minimum two females per team) if there is enough interest.

High school teams may run the entire 50 mile event and be scored in that event as an open team OR they may run to Elk City only ( 25 miles). If they choose the short course each 5 person team will have 2 legs of approximately 2-3 miles long.

**Check in:** Pick your packet up and sign your team in not later than 30 minutes before your start time. Team captains must meet with race director 15 minutes before their start time.

**Entry fee** (includes T shirt and finishers medal):

### Adults:

\$20 per team member before August 1st  
\$30 per team member after August 1st

### 18 and under

\$10 Per team member before August 1st  
\$15 Per team member after August 1st  
No day of entries allowed.

Captains are responsible for collecting the registration fees from their team members and submitting the registration portion of this form along with the fees.

(Team members registered before August 1st will receive their T-Shirt on race day. Those registering after August 1st may pick up their T-Shirt from the Newport Recreation Center 2 weeks after the race)

Note: Entry fees are non-refundable after August 1st.

**Safety:** No traffic assistance will be provided on the course. Exchange points will be staked and flagged. Traffic rules must be followed by all participants. Vehicles are tougher than runners, so please be careful. For emergencies, dial 911.

**Facilities:** The only available restrooms will be local gas stations and parks along the course. However, there should be enough along the way. Please respect the property of owners on the course and refrain from using their lawns or bushes. Please take care of all your trash. After all, we would like this to be an annual event, so please don't ruin it for everyone. Have fun.

**Finish amenities:** T-shirts and medals will be provided to the team captain as soon as the scoring sheet has been turned in. Refreshments will be available and information about Newport Parks and Recreation and the Toledo Wooden Boat Festival will be provided.

The awards ceremony will take place at the Newport Recreation Center at approximately 4 PM. Teams still on course will receive their awards at the finish.

**Volunteers:** Teams are not required to provide volunteers, but if friends or family would like to help, we would welcome it.

# Liability Release

In consideration of being allowed to participate in the Oregon Coast Games (OCG) or related events, I:  
Agree that I will inspect the facilities and equipment to be used and will immediately advise the coach and or venue supervisor of any unsafe or defective facilities or equipment and will refuse to participate unless and until the facilities or equipment are made safe.

Acknowledge and fully understand that I will be engaging in activities that involve risk of serious injuries, including permanent disability or death, and severe social and economic losses which might result not only from my actions, inactions, or negligence, but also the action, inaction, or negligence of others, the rules of play, or the condition of the premises or any equipment to be used. Further, there may be other risks not known or not reasonably foreseeable at this time.

Assume all risk and accept personal responsibility for damage, injury, permanent disability or death.

Release, waive, discharge and covenant not to sue the City of Newport, Friends of the Newport Senior Center; their officials, employees, agents and volunteers, from any and all liability for any and all claims, losses or damages related to my participation in the OCG or related activities.

Agree that I will be responsible for my medical costs relating in any way to my participation in the OCG and related events.

Consent to allow my picture, voice and likeness to appear in any documentary, promotional media, television, radio or print film cover-age of the OCG incidental to my participation and without compensation to me.